

**FEDERAL LAW ENFORCEMENT TRAINING CENTER
PRACTICAL EXERCISE PERFORMANCE REQUIREMENTS CERTIFICATION
CENTER BASIC, CENTER INTEGRATED BASIC AND AGENCY SPECIFIC BASIC TRAINING PROGRAMS**

INSTRUCTIONS: FLETC training programs are listed below along with specific PEPRs that must be answered in order for the student to attend the specific training program. Students must answer all of the appropriate numbered PEPRs for the program that they are attending. If a student is unsure whether s/he can perform a particular PEPR, then the student must answer whether s/he is physically capable of participating in training to perform the PEPR. When medical documentation is available concerning a student's personal physical condition, the student will provide such documentation to the FLETC Health Unit medical staff. If the Health Unit medical staff determines that further examination and/or assessment is required in order for the student to participate in training, the student and/or the employing agency is responsible for all medical costs for such examinations. FLETC is not responsible for the additional exam and/or assessment.

FLETC TRAINING PROGRAM:

Bureau of Indian Affairs Basic Corrections Officer Training Program (BCOTP)
Bureau of Indian Affairs Basic Juvenile Corrections Officer Training Program (BJCOTP)
Bureau of Indian Affairs Basic Police Officer Training Program (BPOTP)
Criminal Investigator Training Program (CITP)
Customs and Border Protection Integrated Training Program (CBPI)
Environmental Protection Agency Special Agent Training Program (EPA_SATP)
Federal Air Marshal Training Program (FAMTP)
Federal Protective Service Pre-Basic and Post-Basic Training Programs (FPS)
Immigration and Customs Enforcement Detention Integrated (ICE_D)
Land Management Police Training Program (LMPT)
Uniformed Police Training Program (UPTP)
Transportation Security Administration Training Program (TSATP)
United States Border Patrol Integrated Training Program (USBPI)
United States Courts Initial Probation & Pretrial Training Program (USC_IPPT)
United States Marshals Service Integrated Training Program (USMSI)
Customs and Border Protection Basic Admissibility Secondary Processing (BASP)

PEPRs THAT MUST BE ANSWERED:

24, 26, 28-31, 35-38, 40, 43, 51, 56, 59-60, 62-63, 70, 77-78
24, 26, 28-31, 35-38, 40, 43, 51, 56, 59-60, 62-63, 70, 77-78
1-13, 21-25, 28-31, 35-36, 40, 42-43, 51, 56, 59-63, 70, 72, 76-78
1-20, 23-25, 27-35, 39-43, 51-62, 64-73, 75-78
1-13, 24-35, 50-54, 59, 70, 72-74, 76-78
1-18, 24-25, 28-35, 51-54, 58-62, 64, 66-72, 76-78
1-9, 24, 28-31, 36, 51, 80-82
1-20, 23-25, 27-35, 39-45, 51-62, 64, 66-72, 74, 78-79
1-13, 15-16, 20-22, 25, 27-30, 32-33, 35, 37-43, 51-56, 59-62, 64, 76-78
1-43, 55-62, 65-73, 76-79
1-13, 19-20, 23-25, 27-35, 39-45, 51-57, 59-62, 64, 66-72, 76-78
1-4, 6-13, 24-25, 28-35, 51-54, 59-62, 78
1-4, 6-20, 24-25, 27-35, 39-49, 51-55, 57, 59-62, 67, 70, 72-73, 76-78
1-9, 19-22, 28-36, 55-62, 78
1-18, 24-25, 28-35, 51-54, 56, 58-62, 64, 66-72, 76-78
1-9, 24, 26-36, 64-67, 69, 72, 73, 78

FAD - CENTER ADVANCED

Firearms Instructor Multiple Weapons Training Program (FIMWTP)
Firearms Instructor Refresher Training Program (FIRTP)
Firearms Instructor Training Program (FITP)
Law Enforcement Rifle Training Program (LERTP)
Precision Rifle Observer Training Program (PROP)
Reactive Shooting Instructor Training Program (RSITP)
Submachine Gun Instructor Training Program (SMGITP)
Survival Shooting Training Program (SSTP)

PEPRs THAT MUST BE ANSWERED:

1-22, 61, 72-73, 78
1-13, 19-20, 61, 72-73, 78
1-22, 61, 72-73, 78
1-2, 14-18, 72-73, 78
1-21, 14-18, 72-73, 78
1-9, 72-73, 78
1-2, 14-20, 72-73, 78
1-20, 61, 72-73, 78

PTD - CENTER ADVANCED

Law Enforcement Control Tactics Instructor Training Program (LECTITP)
 Law Enforcement Control Tactics Refresher Training Program (LECTIRTP)
 Physical Fitness Coordinator Training Program (PFCTP)
 Physical Fitness Coordinator Refresher Training Program (PFCRTP)
 Tactical Flying Armed Training Program (TFATP)

DMD - CENTER ADVANCED

Marine Law Enforcement Training Program (MLETP)
 Small Craft Law Enforcement Training Program (SCETP)
 Advanced Vehicle Stops Training Program (AVSTP)
 Police Bicycle Training Program (PBTP)
 Driver Instructor Training Program (DITP)
 Advanced Driver Instructor Training Program (ADITP)
 Vehicle Ambush Countermeasures Training Program (VACTP)
 Vehicle Accident Investigation Training Program (VAITP)
 Boat Operators Training Program (BOAT)

CTD - CENTER ADVANCED

Active Shooter/Threat Instructor Training Program (ASTITP)
 Active Shooter/Threat Training Program (ASTTP)
 Commercial Vehicle Antiterrorism Training Program (CVAITP)
 Critical Incident Response Training Program (CIRTP)
 Fundamentals of Terrorism Training Program (FOTTP)
 Law Enforcement Weapons of Mass Destruction Operations Training (LEWTP-1)
 Law Enforcement Weapons of Mass Destruction Technician Training (LEWTP-2)
 Suicide/Homicide Bomber Threat Mitigation Training Program (SHBMTP)

EOD - CENTER ADVANCED

Use of Force Instructor Training Program (UOFITP)

PEPRs THAT MUST BE ANSWERED:

1, 23-26a&c, 28-45, 51, 55, 69, 72-73, 78
 1, 23-26a&c, 28-45, 51, 55, 69, 72-73, 78
 1, 23, 25-27, 39, 51-54, 69, 72-73
 1, 23, 25-27, 39, 51-54, 69, 72-73
 1, 24, 26a, 28-36, 43-45, 51, 72-73, 78, 81

PEPRs THAT MUST BE ANSWERED:

59, 60, 76, 83-98
 59, 60, 76, 83-98
 2-9, 23, 72, 99-100
 1-3, 9, 100-120
 56, 59-60, 62, 106
 56, 59-60, 62, 106
 56, 59-60, 62, 70, 106
 61, 121-125
 59, 60, 76, 83-98

PEPRs THAT MUST BE ANSWERED:

1-4, 7-19, 21-31, 35, 37, 40, 42-43, 51, 59-62, 64-69, 70-82
 1-4, 7-19, 21-31, 35, 37, 40, 42-43, 51, 59-62, 64-69, 70-82
 1-4, 7-19, 21-31, 35, 37, 40, 42-43, 51, 59-62, 64-69, 70-82
 1-4, 7-19, 21-31, 35, 37, 40, 42-43, 51, 59-62, 64-69, 70-82
 59, 76, 78-79
 1, 24, 28, 56-57, 59-61, 64-75, 78
 1-4, 9, 14-15, 17, 21-22, 24, 28-31, 56, 59-62, 64-66, 68, 70-71, 73, 75, 7
 1-5, 7-9, 19-23, 28-32, 35, 61, 63, 70, 76, 78-79

PEPRs THAT MUST BE ANSWERED:

1-9, 22-23, 28-32, 34-36, 40-45, 59-61, 72-73

Student Name: _____

- 1 Stand for a period of one hour.
- 2 Hear range commands broadcast over a public address system while wearing hearing protection.
- 3 Have hand and finger dexterity to safely and effectively load, unload and manipulate the handgun. If the weapon is a semi-automatic pistol, the student must have sufficient hand and wrist strength to load magazines and to manipulate the slide of the pistol during charging and clearing operations.
- 4 Extract handgun from a tight fitting and/or stiff holster in one (1) second or less, hold handgun with both hands, arms extended in front of the body at eye level for 24 seconds. Must have adequate hand and wrist strength to control the weapon during recoil with service ammunition.
- 5 Pull the trigger of a handgun in double action mode (approximately 14-15 pounds of pressure) 2 times in 4 seconds for a total of 54 trigger pulls in 2 minutes. Trigger is pulled using only the trigger finger of the strong hand while holding the weapon at arm's length in the strong hand and supporting it with the weak hand.
- 6 Pull the trigger of a handgun in double action mode with the trigger finger of the weak hand 6 times. This must be accomplished by holding the weapon at eye level and at arm's length with the weak hand only.
- 7 Kneel on one and/or both knee(s), holding handgun with both hands, arms extended in front of the body at eye level for seven (7) seconds. Must be able to rise up off the ground without using hands or any other object to assist him/her in becoming upright and standing on one's feet. Repeat twice.
- 8 Assume a one- or two-knee kneeling position behind cover within two (2) seconds. Must be able to rise up off the ground without using hands or any other object to assist him/her in becoming upright and standing on one's feet. Repeat twice.
- 9 Have sufficient eyesight to be able to clearly focus on the sights of the handgun held at arm's length. Corrective lenses are allowed. Must be able to visually discriminate between friend/foe targets at a distance of 25 yards.
- 10 Load, unload, and manipulate a seven (7) pound shotgun safely and effectively. Must have hand and finger dexterity and adequate hand, arm, and wrist strength to control the shotgun during recoil with 12-gauge ammunition.
- 11 Hold a seven (7) pound shotgun firmly to shoulder and have sufficient hand strength to be able to operate the slide action properly.
- 12 Have sufficient eyesight to be able to clearly focus on the sights of a shotgun. Corrective lenses are allowed. Must be able to visually discriminate between friend/foe targets at a distance of 25 yards.
- 13 Kneel safely on one or two knee(s) and shoulder the shotgun and rise again without using hands or any other object to assist him/her in becoming upright and standing on one's feet.
- 14 Hold a 7- to 9- pound rifle or submachine gun firmly to shoulder for 20-second intervals.
- 15 Kneel safely on one knee, shoulder the weapon, and rise up off the ground without using hands or any other object to assist him/her in becoming upright and standing on one's feet.
- 16 Assume both sitting and prone positions, shoulder the weapon and rise up off the ground without using hands or any other object to assist him/her in becoming upright and standing on one's feet.

[illegible]

Student Name: _____

Student		Health Unit	
Yes	No	Yes	No

17 Have sufficient hand and finger strength and dexterity to load and unload both magazines and weapons and to manipulate the rifle or submachine gun safely and effectively. Must have adequate hand, arm and wrist strength to control the weapon during recoil with service ammunition.

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18 Have sufficient eyesight to be able to clearly focus on the sights of the weapon. Corrective lenses are allowed. Must be able to visually discriminate between friend/foe targets at distances up to 50 yards.

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19 Extract handgun from a tight fitting holster in one (1) second or less, hold handgun with both hands, arms extended in front of the body at eye level for 45 seconds. Must have adequate hand and wrist strength to control the weapon during recoil with service ammunition.

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20 Pull the trigger of a handgun in double action mode (approximately 14-15 pounds of pressure) 3 times in 3 seconds for a total of 54 trigger pulls in 2 minutes. Trigger is pulled using only the trigger finger of the strong hand while holding the weapon at arm's length in the strong hand and supporting it with the weak hand.

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21 Possess sufficient night vision to distinguish between targets at 45 feet.

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22 Have sufficient hand and finger dexterity to safely load, unload and manipulate a handgun under reduced lighting conditions.

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23 Enter/exit a motor vehicle quickly, handle a firearm, search a motor vehicle and an individual, and handcuff an individual.

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24 Participate in a variety of physical activities involving principally strength and cardiovascular endurance. This may consist of, but is not limited to, jogging/running, weight training, calisthenics, and warm-up exercises.

25 Participate in a physical performance test consisting of:

a. 1.5 mile run/walk

b. Maximum bench press.

c. Flexibility sit and reach test.

d. Agility - 30' maze course.

e. Body composition as determined by skin calipers.

f. Moderate callisthenic warm-up and cool down exercise.

26 Participate in physical activities consisting of, but not limited to:

a. Run short and long distances.

b. Weight training upper and lower body.

c. Moderate callisthenic warm-up and cool down exercises.

27 Participate in frequent physical conditioning activities, 2 hours per session, 2 to 5 times per week, including:

a. Warm-up, cool down and stretching exercises.

b. Flexibility, calisthenics, weight training, jogging/running long distances, use of stationary exercise equipment, swimming, and rowing exercises.

28 Have joint structures which are completely flexible and free of any abnormalities which can withstand force/pressure during non-lethal control techniques.

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29 Have sufficient strength and full range of motion of both arms and shoulders and the manipulative dexterity of the hands to properly handcuff and be handcuffed in the standing, kneeling, and prone positions; and to search and control a subject properly.

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- 30 Use rapid and coordinated body movements to control an adversary and/or defend against physical attacks.
- 31 Participate fully, both offensively and defensively, in all course requirements (i.e., throws, being thrown, take downs, and restraint applications.)
- 32 Effectively demonstrate various strikes, kicks, and blocks utilizing 100% of one's ability.
- 33 Repeatedly fall from a standing position to a rubber matted floor.
- 34 From a lying position, repeatedly get to an upright position quickly and deliver a variety of defensive kicks to a padded bag.
- 35 Control an adversary physically during takedowns and all restraint techniques.
- 36 Strike repeatedly a hand-held bag using feet, knees, hands and elbows for 20 seconds at a time.
- 37 Perform come-along and takedown techniques with a baton.
- 38 Block, spin and strike with a baton from a basic and long-extended position.
- 39 Maintain a kneeling position for 15 minutes repeatedly (10-15 times) throughout each 2 hour session.
- 40 Have the manipulative dexterity to properly utilize a collapsible baton.
- 41 Apply the various control techniques utilizing the collapsible baton.
- 42 Administer various striking and blocking techniques utilizing the collapsible baton.
- 43 Participate and demonstrate the proper striking, blocking, and control techniques during an officer and suspect confrontation utilizing the collapsible baton.
- 44 Execute a series of punches to an opponent for three, thirty-second rounds.
- 45 Receive a series of punches from an opponent for three, thirty-second rounds.
- 46 Participate in practice sessions and pass a final proficiency test on the USBP Confidence Course by negotiating a series of job-related obstacles within a required time limit. Some obstacles require:
 - a. Climbing a 7-foot slanted wall using a combination of upper and lower body strength.
 - b. Climb a combination vertical rope and ladder to a horizontal rope suspended 12' 6" above the ground. Traverse the horizontal rope 20 feet and then drop to the ground.
 - c. Jump a ditch measuring 6-feet wide and 12-inches deep.
 - d. Run/walk across a 30-foot long beam without falling off.
 - e. Jump/climb over two 4-foot high walls.
 - f. Cross a horizontal ladder suspended 8-feet above the ground.
 - g. Crawl through a simulated culvert.
 - h. Climb a 20-foot vertical ladder.
- 47 Remain on the surface of the water for 20 minutes without the use of a personal flotation device.
- 48 Remain on the surface of the water for 20 minutes using only personal clothing as a flotation device.
- 49 Climb and drop from a 7-foot ladder suspended over the water.
- 50 Climb and descend a 19 foot tall ladder.

Student Name: _____

Student		Health Unit	
Yes	No	Yes	No

51 Maintain squatting and/or kneeling position for 2-3 minutes repeatedly (10-15 times) throughout each two (2) hour session.

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52 Apply a sufficient amount of pressure to compress the chest of an adult training mannequin 2 inches in depth in order to produce life-sustaining support.

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53 Exhale repeatedly through the mouth to produce sufficient life-sustaining lung expansion on a training mannequin.

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54 Roll an unconscious person on his/her back and then administer abdominal thrusts.

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55 Be able to withstand being sprayed with OC in the face from six (6) feet.

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56 Drive and occupy a vehicle for periods of one hour.

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57 Drive and occupy a vehicle for periods of two hours.

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58 Drive and/or remain seated in an automobile for six (6) hours.

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59 Meet all of the following physical attributes, and possess a valid State driver's license.

- a. Full range of motion in limbs and trunk.
- b. Average manual dexterity and hand-eye coordination.
- c. Average strength for age and build.
- d. Acceptable eyesight and hearing.
- e. Normal vocal ability.

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60 Turn head from side to side and pivot body at trunk while raising right arm to shoulder level while seated.

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61 Enter and exit an automobile unassisted.

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62 Manipulate quickly the steering wheel, brake and accelerate pedals of a motor vehicle at slow, moderate, and high speeds.

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63 Execute car removal techniques.

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64 Stand for three (3) hours.

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65 Stand for four (4) hours.

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66 Bend, kneel, stretch, and climb for a period of five (5) minutes.

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67 Crawl for a distance of 30 feet.

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68 Move furniture commonly found in residences/offices.

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69 Run continuously for a period of 3 minutes.

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70 Verbally communicate using two-way radio.

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71 Walk continuously for two (2) hours.

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72 Run or jog quickly for a distance of 20 yards at intervals. Must be able to conceal his/her body behind various items of cover, e.g., vehicle, mailbox.

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73 Stand, stoop and bend unaided repeatedly during a two (2) hour period.

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74 Lift and move 40-pound boxes repeatedly for up to two hours at a time.

- 75 Lift and carry at least 50 pounds unaided.
- 76 See and identify all colors -- cannot be color-blind.
- 77 Control, bend and roll another person's hand such that identifiable rolled finger impressions are obtained.
- 78 Possess full range of motion in neck, back, arms, and legs with manipulative dexterity of the hands and feet to properly perform all listed law enforcement skills.
- 79 Must have passed the agency-specific hearing test.
- 80 Possess the physical ability to move swiftly from a seated position to a position of cover and then to strategically maneuver inside commercial single aisle and wide-body aircraft.
- 81 Control an adversary physically during takedowns and use all restraint techniques within the confines of single aisle and wide-body aircraft.
- 82 Have sufficient strength/endurance to maintain a one- or two-knee kneeling barricade position for up to 30 minutes.
- 83 Operate and occupy a vessel for periods of up to 8 hours including remaining in a standing position for periods.
- 84 Sustain repeated shock loads to, and torsion strains of , the limbs and trunk. Additionally , the student should not have suffered recent back or neck problems or undergone recent surgery.
- 85 Manipulate quickly the steering helm and throttle of a motor vessel at slow, moderate, and high speeds.
- 86 Possess full range of motion in the neck, back, arms and legs with manipulation.
- 87 Possess full range of motion in the neck, back, arms and legs with manipulative dexterity of the hands and feet to properly perform skills listed on PEPRs.
- 88 Possess normal night vision not impaired by dark glasses or medication.
- 89 Function in an environment which is prone to cause motion sickness. If prone to motion sickness, it must be controlled with medication or other accepted means.
- 90 Maintain a kneeling position for 2-3 minutes repeatedly (10-15 times) throughout each 2-hour session.
- 91 Board a suspect vessel from a law enforcement vessel in up to 6-foot seas and be able to inspect all compartments, spaces, and voids found on typical watercraft.
- 92 Withstand the stresses induced by heat and humidity in confined spaces of a vessel for periods of up to 2 hours.
- 93 Demonstrate the techniques of drown proofing for a period of 15 minutes in a pool environment.
- 94 Demonstrate donning of personal flotation equipment and various survival swimming techniques.
- 95 Perform various water rescue and lifesaving techniques in a pool environment.
- 96 Deploy and board a life raft from the water or from a boat.

Student Name: _____

Student		Health Unit	
Yes	No	Yes	No

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119 Have the flexibility to mount and dismount the bicycle quickly.

120 Able to maneuver the police bicycle safely around various obstacles.

121 Full range of motion in limbs and trunk.

122 Average manual dexterity and hand-eye coordination.

123 Average strength for age and build.

124 Acceptable eyesight and hearing.

125 Sufficient manual dexterity of hands and fingers to adequately draw a scale diagram in three hours or less.

CERTIFICATION UNDER PENALTY OF PERJURY
FLETC PEPRs

FTC-TMC-01 (06/06)

I, _____ hereby state that all of the information set forth in the preceding pages is true and accurate as of
(Print Name)

the date of my signature. I further acknowledge that if any of the statements set forth above are proven to be knowingly false, I will be removed from training on the basis of my knowing false statement and I will not be permitted to return to attend any training at any Federal Law Enforcement Training Center facility. Additionally, any knowing false statements will be shared by the FLETC with my employer, and may be used as the basis for disciplinary action, up to and including termination of employment by my employer.

Date

Signature

Date Received by FLETC Health Unit: _____

Reviewed with student by: _____
(Print Name & Title)

Signature & Date